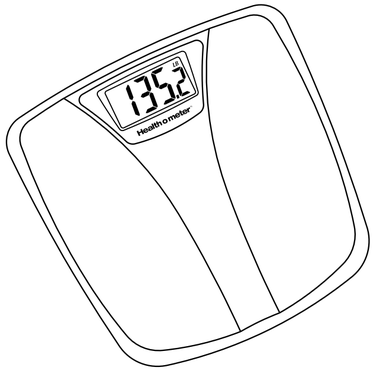
Health o meter®

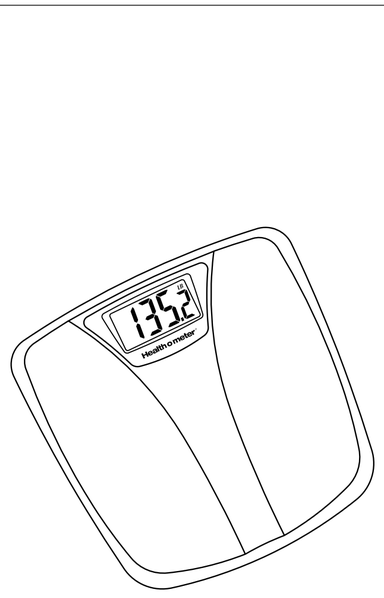
WEIGHT TRACKING SCALE

User Manual
Model HDM560

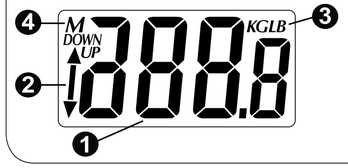


Congratulations on your purchase of this Health o meter® weight tracking scale.

The Health o meter® weight tracking scale can help you in achieving your physical best by providing body weight readings and monitoring your weight over time.



KEYS AND ICONS

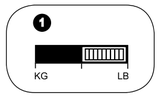


1. Weight Readout
2. Difference in weight compared to previously saved weight
3. Unit of Measure: Pounds (LB) or Kilograms (KG)
4. Memory indicator

FIRST TIME SETUP

Back of the Scale

1. Select pounds (LB) or kilograms (KG).
2. Always place the scale on a flat surface. A hard surface is best for maximum accuracy.

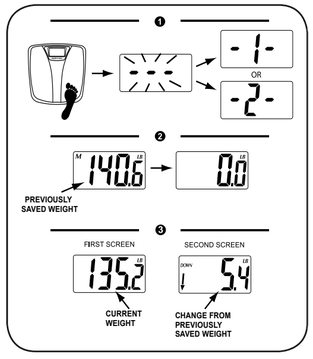


USING YOUR WEIGHT MONITORING SCALE

1. Press and **hold** the lower corner of the scale platform for a few seconds to activate the user feature.

NOTE: Once a user number appears, tap the lower corner again to select a different user number if desired. This model will save readings for up to two (2) users.

2. The last weight from the desired user will be displayed (First time use will display 0.0). Then the scale will calibrate "- - -", and will display "0.0" and either **"LB"** or **"KG"**.
3. Step on the scale and position your feet in a manner that will distribute your weight evenly over the entire scale platform. Stand still while reading the display. Your weight will be displayed first, then the change from the previously saved reading.



TROUBLESHOOTING

If "E" appears on the display:

- You may have stepped on the scale before it displayed "0.0".
- The scale cannot detect a stable weight. Stand still while weighing.
- The weight has exceeded the scale's capacity (330 lb/150 kg).

NOTE: Display will turn off automatically in 20 seconds if no key is pressed.

IT IS NORMAL FOR YOUR WEIGHT TO VARY DURING THE DAY AND FROM ONE DAY TO ANOTHER.